

R430-90-24, R430-50-24. INFANT AND TODDLER CARE.

Licensed Family 90-24:

If the licensee accepts infants or toddlers for care, the following applies:

- (1) If an infant is not able to sit upright and hold his or her own bottle, a provider shall hold the infant during bottle feeding. Bottles shall not be propped.

Residential Certificate 50-24:

If the certificate holder cares for infants or toddlers, the following applies:

- (1) If an infant is not able to sit upright and hold his or her own bottle, a provider shall hold the infant during bottle feeding. Bottles shall not be propped.

Rationale / Explanation

Propping bottles can cause choking and aspiration, and may contribute to long-term health issues including ear infections, orthodontic problems including tooth decay, speech disorders, and psychological problems. CFOC, pgs. 157-158 Standard 4.014

Enforcement

Always Level 2C Noncompliance.

Licensed Family 90-24, and Residential Certificate 50-24:

- (2) A provider shall clean and sanitize high chair trays prior to each use.

Rationale / Explanation

The purpose of this rule is to prevent the spread of disease. Clean food service surfaces prevent the spread of microorganisms that can cause disease. CFOC, pgs. 165-166 Standard 4.029

Enforcement

If an infant is in a high chair playing with toys and puts a toy in their mouth and back on the tray, the tray needs to be sanitized before it is used by another child.

Always Level 3D Noncompliance.

Licensed Family 90-24, and Residential Certificate 50-24:

- (3) A provider shall cut solid foods for infants into pieces no larger than 1/4 inch in diameter. A provider shall cut solid foods for toddlers into pieces no larger than 1/2 inch in diameter.

Rationale / Explanation

These guidelines are recommended by the American Academy of Pediatrics and the American Public Health Association to prevent choking, because infants are not able to chew, and toddlers often swallow pieces of food whole without chewing. CFOC, pgs. 168-169, Standards 4.037, 4.038

Enforcement

For the purpose of this rule, solid foods do not include items such as crackers, cookies, muffins, cupcakes, teething biscuits, ice cream cones, or sandwiches. Examples of solid foods that should be cut into small pieces

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include hot dogs, meatballs, grapes, cheese chunks, fruit or vegetable chunks, or other solid foods a child might try to swallow whole and choke on.

Always Level 1D Noncompliance.

Licensed Family 90-24, and Residential Certificate 50-24:

- (4) If there is more than one infant or toddler in care, baby food, formula, and breast milk for each child that is brought from home must be labeled with the child's name or another unique identifier.**

Rationale / Explanation

The purposes of this rule are to ensure that a child is not accidentally fed another child's food (which can lead to an allergic reaction). CFOC, pgs. 158-160 Standards 4.015, 4.017

Enforcement

Powdered formula or dry food such as cereal that is brought from home should be labeled with the child's name.

Level 2B Noncompliance: If failure to follow this rule results in a child being served food they are allergic to.

Level 3D Noncompliance otherwise.

Licensed Family 90-24, and Residential Certificate 50-24:

- (5) Baby food, formula, and breast milk that is brought from home for an individual child's use must be:**
(a) kept refrigerated if needed; and

Rationale / Explanation

The purposes of this rule are to ensure that a child does not become ill from eating spoiled food. CFOC, pgs. 158-161 Standards 4.015, 4.016, 4.017, 4.021

Enforcement

Level 3B Noncompliance: If failure to follow this rule results in a child being served spoiled food.

Level 3D Noncompliance otherwise.

Licensed Family 90-24, and Residential Certificate 50-24:

- (5) Baby food, formula, and breast milk that is brought from home for an individual child's use must be:**
(b) discarded within 24 hours of preparation or opening, except that powdered formula or dry foods which are opened, but are not mixed, are not considered prepared.

Rationale / Explanation

The purposes of this rule are to ensure that a child does not become ill from eating spoiled food. CFOC, pgs. 158-161 Standards 4.015, 4.016, 4.017, 4.021

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Enforcement

Breast milk that collected and frozen immediately after collection is not considered “prepared” or “opened”, and can be stored in the freezer for up to 2 weeks, after which, it should be discarded. Breast milk that is not frozen (i.e., just collected or just thawed), but has not yet been fed to a child can be stored in a refrigerator (at 40 degrees) for up to 24 hours, after which, it should be discarded.

Level 3B Noncompliance: If failure to follow this rule results in a child being served spoiled food.

Level 3D Noncompliance otherwise.

Licensed Family 90-24:

- (6) The licensee shall ensure that formula and milk, including breast milk, is discarded after each feeding, or within two hours of initiating a feeding.**

Residential Certificate 50-24:

- (6) The certificate holder shall ensure that formula and milk, including breast milk, is discarded after each feeding, or within two hours of initiating a feeding.**

Rationale / Explanation

The purpose of this rule is to prevent children from eating spoiled milk or formula, and to prevent the spread of disease. Bacteria introduced by saliva makes milk consumed over a period of more than an hour unsuitable and unsafe for consumption. CFOC, pgs. 157-160 Standards 4.014, 4.015, & 4.017

Enforcement

Level 3B Noncompliance: If failure to follow this rule results in a child being served spoiled food.

Level 3D Noncompliance otherwise.

Licensed Family 90-24, and Residential Certificate 50-24:

- (7) To prevent burns, a provider shall shake each heated bottle and test it for temperature before the bottle is fed to a child.**

Rationale / Explanation

The American Academy of Pediatrics and the American Public Health Association recommend warming infant bottles by placing them under warm running tap water or placing them in a container of water that is no warmer than 120 degrees, for no longer than 5 minutes. Bottles of formula or milk that are warmed at room temperature or in warm water for an extended period of time provide an ideal medium for bacteria to grow. In addition, infants have received burns from hot water dripping from an infant bottle that was removed from a crock pot, or by pulling the crock pot down on themselves by a dangling cord. CFOC, pg.160 Standard 4.018

Gently shaking warmed bottles before feeding them to children prevents burns from “hot spots” in the heated liquid. Gentle shaking is important, because excessive shaking of human breast milk may damage some of the cellular components of the milk that are valuable to infants, as may excessive heating. Excessive shaking of formula may cause foaming, which increases the likelihood of feeding air to infants. CFOC, pg.160 Standard 4.018

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Enforcement

Always Level 3D Noncompliance.

Licensed Family 90-24, and Residential Certificate 50-24:

- (8) If there is more than one infant or toddler in care, pacifiers and bottles shall be:
- (a) labeled with each child's name or another unique identifier; or
 - (b) washed and sanitized after each individual use, before use by another child.

Rationale / Explanation

The purpose of this rule is to prevent the spread of disease among children that can result from sharing these items. CFOC, pg. 109 Standard 3.037

Enforcement

If a pacifier is too small to be labeled with a child's full name, it can be labeled with the child's initials.

If a provider is having a hard time labeling these items because they are plastic and the labeling rubs off, they may want to try scratching the child's name or initials into the item, for example with a safety pin. Another option could be to use a clip with the short ribbon that attaches to the child's clothing, and label the ribbon or the clip with the child's name.

A provider may use color coded pacifiers, bottles, or cups instead of labeling them with the child's name, if each child is assigned a different color, and there is a chart visible showing which color is assigned to each child.

Always Level 3D Noncompliance.

Licensed Family 90-24:

- (9) The licensee shall ensure that only one infant or toddler occupies any one piece of equipment, such as a crib, playpen, stroller, or swing, at any time, unless the equipment has individual seats for more than one child.

Residential Certificate 50-24:

- (9) The certificate holder shall ensure that only one infant or toddler occupies any one piece of equipment, such as a crib, playpen, stroller, or swing, at any time, unless the equipment has individual seats for more than one child.

Rationale / Explanation

The purpose of this rule is to prevent infants from accidentally injuring one another.

Enforcement

Level 3B Noncompliance: If 2 or more mobile infants occupy the same piece of equipment.

Level 3D Noncompliance otherwise.

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Licensed Family 90-24:

- (10) The licensee shall ensure that infants sleep in equipment designed for sleep, such as a crib, bassinet, porta-crib or play pen. The licensee shall ensure that infants are not placed to sleep on mats or cots, or in bouncers, swings, car seats, or other similar pieces of equipment, unless the licensee has written permission from the infant's parent.

Residential Certificate 50-24:

- (10) The certificate holder shall ensure that infants sleep in equipment designed for sleep, such as a crib, bassinet, porta-crib or play pen. The certificate holder shall ensure that infants are not placed to sleep on mats or cots, or in bouncers, swings, car seats, or other similar pieces of equipment, unless the certificate holder has written permission from the infant's parent.

Rationale / Explanation

The purpose of this rule is to prevent injury to children from entrapment, falls, or other children, and to reduce the risk of Sudden Infant Death Syndrome, which increases when children are not put to sleep lying on their backs. CFOC, pg. 248 Standard 5.146

Enforcement

Always Level 1B Noncompliance.

Licensed Family 90-24:

- (11) The licensee shall ensure that each crib used by a child in care:
- (a) has a tight fitting mattress;

Residential Certificate 50-24:

- (11) The certificate holder shall ensure that each crib used by a child in care:
- (a) has a tight fitting mattress;

Rationale / Explanation

The purpose of this rule is to prevent injuries to children. Children have strangled because their shoulder or neck became caught in a gap between the slats or between the mattress and the crib side. Deaths by asphyxiation resulting from the head or neck becoming wedged in parts of a crib are well-documented. CFOC, pg. 224 Standard 5.088; pgs. 247-248 Standard 5.145

Enforcement

A mattress is considered tight-fitting if no more than two fingers can fit between the mattress and the crib side.

Always Level 1D Noncompliance.

Licensed Family 90-24:

- (11) The licensee shall ensure that each crib used by a child in care:
- (b) has slats spaced no more than 2-3/8 inches apart;

Residential Certificate 50-24:

- (11) The certificate holder shall ensure that each crib used by a child in care:

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- (b) has slats spaced no more than 2-3/8 inches apart;

Rationale / Explanation

The purpose of this rule is to prevent injuries to children. Children have strangled because their shoulder or neck became caught in a gap between the slats or between the mattress and the crib side. Deaths by asphyxiation resulting from the head or neck becoming wedged in parts of a crib are well-documented. CFOC, pg. 224 Standard 5.088; pgs. 247-248 Standard 5.145

Enforcement

Always Level 1D Noncompliance

Licensed Family 90-24:

- (11) The licensee shall ensure that each crib used by a child in care:
- (c) has at least 20 inches from the top of the mattress to the top of the crib rail, or at least 12 inches from the top of the mattress to the top of the crib rail if the child using the crib cannot sit up without assistance; and

Residential Certificate 50-24:

- (11) The certificate holder shall ensure that each crib used by a child in care:
- (c) has at least 20 inches from the top of the mattress to the top of the crib rail, or at least 12 inches from the top of the mattress to the top of the crib rail if the child using the crib cannot sit up without assistance; and

Rationale / Explanation

The purpose of this rule is to prevent injuries to children. Children can be injured falling from a crib if the top of the crib rail is not high enough to prevent falls. (Depending on the age, size, and mobility of the child, there may need to be more than 20 inches from the top of the mattress to the top of the crib rail, to prevent standing children from falling out of the crib.) CFOC, pg. 224 Standard 5.088; pgs. 247-248 Standard 5.145

Enforcement

Always Level 2D Noncompliance.

Licensed Family 90-24:

- (11) The licensee shall ensure that each crib used by a child in care:
- (d) does not have strings, cords, ropes, or other entanglement hazards strung upon the crib rails or within reach of the child.

Residential Certificate 50-24:

- (11) The certificate holder shall ensure that each crib used by a child in care:
- (d) does not have strings, cords, ropes, or other entanglement hazards strung upon the crib rails or within reach of the child.

Rationale / Explanation

The purpose of this rule is to prevent injuries to children. The presence of strings or cords strung across crib rails

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presents a strangulation hazard. CFOC, pg. 224 Standard 5.088

Enforcement

Always Level 1D Noncompliance

Licensed Family 90-24:

- (12) The licensee shall ensure that infants are not placed on their stomachs for sleeping, unless there is documentation from a health care provider for treatment of a medical condition.

Residential Certificate 50-24:

- (12) The certificate holder shall ensure that infants are not placed on their stomachs for sleeping, unless there is documentation from a health care provider for treatment of a medical condition.

Rationale / Explanation

Placing infants to sleep on their backs has been associated with a dramatic decrease in deaths from Sudden Infant Death Syndrome. The American Academy of Pediatrics and the American Public Health Association also recommend that pillows, quilts, comforters, sheepskins, stuffed toys, and other soft items be removed from cribs, as infants have been found dead with these items covering their faces, noses, and mouths. CFOC, pgs. 88-89 Standard 3.008; pg. 248 Standard 5.146

Enforcement

Always Level 1B Noncompliance.

Licensed Family 90-24:

- (13) The licensee shall ensure that each infant and toddler is allowed to follow his or her own pattern of sleeping and eating.

Residential Certificate 50-24:

- (13) The certificate holder shall ensure that each infant and toddler is allowed to follow his or her own pattern of sleeping and eating.

Rationale / Explanation

Feeding infants on demand meets their nutritional and emotional needs and helps to ensure the development of trust and feelings of security. Allowing children to sleep when they are tired meets their basic physical need for rest. Children's ability to develop trust can be impaired when their basic physical needs are not met in a timely manner. CFOC, pgs. 88-89 Standards 3.008, 3.009; pg. 157 Standard 4.013

Children's brain development can also be harmed by excess levels of cortisol, which result when children are under stress for extended periods of times because their immediate physical needs are not met. Cortisol alters the brain by making it vulnerable to processes that destroy neurons, and by reducing the number of synapses in certain parts of the brain, both of which can undermine neurological development and impair brain function. It also negatively impacts the child's metabolism and immune system. Children who have chronically high levels of cortisol have been shown to experience more developmental delays – cognitive, motor, and social – than other children. Rethinking the Brain, by Rima Shore, Families and Work Institute

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Enforcement

Toddlers may begin to be eased into group schedules for eating and napping. However any toddler who is tired must be allowed to rest, and any toddler who is hungry must be given something to eat.

Always Level 3C Noncompliance.

Licensed Family 90-24, and Residential Certificate 50-24:

(14) Infant walkers with wheels are prohibited.

Rationale / Explanation

Because many injuries, some fatal, have been associated with the use of walkers, and because there is no clear developmental benefit from their use, the American Academy of Pediatrics has recommended that they not be used. Walkers are dangerous because they move children around too fast, and to hazardous areas. The upright position also brings children close to objects they can pull down on themselves. Walkers are the cause of more injuries than any other baby product. Each year an estimated 21,300 children are treated in U.S. hospital emergency rooms for injuries related to walkers. CFOC, pg. 221 Standard 5.083

Enforcement

Always Level 2D Noncompliance.

Licensed Family 90-24:

(15) The licensee shall ensure that infants and toddlers do not have access to objects made of styrofoam.

Residential Certificate 50-24:

(15) The certificate holder shall ensure that infants and toddlers do not have access to objects made of styrofoam.

Rationale / Explanation

Styrofoam can break into pieces that can become choking hazards for young children. CFOC, pgs. 165-166 Standard 4.029

Enforcement

Always Level 1D Noncompliance.

Licensed Family 90-24:

(16) The licensee shall ensure that a provider responds as promptly as possible to infants and toddlers who are in emotional distress due to conditions such as hunger, fatigue, wet or soiled diapers, fear, teething, or illness.

Residential Certificate 50-24:

(16) The certificate holder shall ensure that a provider responds as promptly as possible to infants and toddlers who are in emotional distress due to conditions such as hunger, fatigue, wet or soiled diapers, fear, teething, or illness.

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Rationale / Explanation

Responsive caregiving has been shown to be important for brain development in infants and toddlers. Research has shown that when children experience stress, the level of cortisol in their brain increases. Cortisol alters the brain by making it vulnerable to processes that destroy neurons, and by reducing the number of synapses in certain parts of the brain, both of which can undermine neurological development and impair brain function. It also negatively impacts the child's metabolism and immune system. Children who have chronically high levels of cortisol have been shown to experience more developmental delays – cognitive, motor, and social – than other children. Rethinking the Brain, by Rima Shore, Families and Work Institute; CFOC, pg. 52 Standard 2.010

While it is not always possible for one adult caring for four infants or toddlers to respond immediately to children who are in distress, a caregiver who is not able to immediately respond to a child's needs may still reassure the child by making eye contact and speaking to the child in a reassuring tone of voice.

Enforcement

Always Level 2C Noncompliance.

Licensed Family 90-24:

- (17) The licensee shall ensure that awake infants and toddlers receive positive physical stimulation and positive verbal interaction with a provider at least once every 20 minutes.

Residential Certificate 50-24:

- (17) The certificate holder shall ensure that awake infants and toddlers receive positive physical stimulation and positive verbal interaction with a provider at least once every 20 minutes.

Rationale / Explanation

Opportunities for active learning are vitally important for the development of motor skills and sensory motor intelligence. In addition, children's cognitive development depends in large part on their developing language skills. The richness of a child's language increases when it is nurtured by verbal interactions and learning experiences with adults and peers. CFOC, pg. 50 Standard 2.007; pgs. 53-54 Standards 2.011, 2.012

Enforcement

Always Level 2C Noncompliance.

Licensed Family 90-24:

- (18) The licensee shall ensure that awake infants and toddlers are not confined for more than 30 minutes in one piece of equipment, such as swings, high chairs, cribs, play pens, or other similar pieces of equipment.

Residential Certificate 50-24:

- (18) The certificate holder shall ensure that awake infants and toddlers are not confined for more than 30 minutes in one piece of equipment, such as swings, high chairs, cribs, play pens, or other similar pieces of equipment.

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Rationale / Explanation

The purpose of this rule is to ensure that children have the freedom of movement needed to develop basic motor skills, such as crawling, standing, walking, and climbing.

Enforcement

Always Level 2C Noncompliance.

Licensed Family 90-24:

(19) The licensee shall ensure that mobile infants and toddlers have freedom of movement in a safe area.

Residential Certificate 50-24:

(19) The certificate holder shall ensure that mobile infants and toddlers have freedom of movement in a safe area.

Rationale / Explanation

The purpose of this rule is to ensure that children have the freedom of movement in a safe environment needed to develop basic motor skills, such as crawling, standing, walking, and climbing.

Enforcement

This rule is cited if mobile infants and toddlers do not have a safe area in which they can have freedom of movement. If there is a safe area for freedom of movement, but children do not have the opportunity to use it because they are confined for too long in pieces of equipment, cite R430-90-24(18) or R430-50-24(18) above, not this rule.

Level 2C Noncompliance if children do not have freedom of movement.

Level 3B Noncompliance: If the area for freedom of movement is unsafe.

Licensed Family 90-24:

(20) To stimulate their healthy development, there shall be safe toys accessible to infants and toddlers. The licensee shall ensure that there are enough toys for each child in the group to be engaged in play with toys.

Residential Certificate 50-24:

(20) To stimulate their healthy development, there shall be safe toys accessible to infants and toddlers. The certificate holder shall ensure that there are enough toys for each child in the group to be engaged in play with toys.

Rationale / Explanation

Research in early brain development has demonstrated the importance of offering children repeated and varied activities in the first years of life. A stimulating environment that engages children in a variety of activities can improve the quality of their brain functioning. Scientists have learned that different regions of the cortex increase in size when they are exposed to stimulating conditions, and the longer the exposure, the more they grow.

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Children who do not receive appropriate nurturing or stimulation during developmental prime times are at heightened risk for developmental delays and impairments. Rethinking the Brain, by Rima Shore; Ten Things Every Child Needs for the Best Start in Life, the Robert T. McCormick Tribune Foundation; How a Child's Brain Develops and What it Means for Child Care and Welfare Reform, Time, February 3, 1997; CFOC, pgs. 53-54 Standard 2.012.

Enforcement

The specific toys or kinds of toys a licensee/certificate holder offers to support children's healthy development are to be determined solely by the licensee/certificate holder, as Utah law prohibits the Department of Health from regulating the educational curricula, academic methods, or educational philosophy or approach of the provider.

Level 2C Noncompliance: if there are not toys accessible to each child in care.

Level 3B Noncompliance: if a toy is unsafe.

Licensed Family 90-24:

(21) The licensee shall ensure that all toys used by infants and toddlers are cleaned and sanitized:

- (a) weekly;**
- (b) after being put in a child's mouth; and**
- (c) after being contaminated by any body fluid.**

Residential Certificate 50-24:

(21) The certificate holder shall ensure that all toys used by infants and toddlers are cleaned and sanitized:

- (a) weekly;**
- (b) after being put in a child's mouth; and**
- (c) after being contaminated by any body fluid.**

Rationale / Explanation

Contamination of toys and other objects in child care areas plays a role in the transmission of disease in child care settings. The purpose of this rule is to prevent the spread of disease. All toys can spread disease when children touch the toys after putting their hands in their mouth during play or eating, or after toileting with inadequate handwashing.

Small toys with hard surfaces can be set aside for cleaning by putting them into a dishpan labeled "soiled toys." This dish pan can contain soapy water to begin removal of soil, or it can be a dry container used to hold toys until they can be cleaned later. (In order to use this method, there must be enough toys to rotate them through the cleaning process.) Using a mechanical dishwasher is an acceptable labor-saving approach for plastic toys as long as the dishwasher can clean and sanitize the surfaces. CFOC, pgs. 108-109 Standard 3.036; pgs. 104-105 Standard 3.028; pgs. 108-109 Standard 3.036

Enforcement

Always Level 3D Noncompliance.